



uOttawa

Faculté de médecine  
Faculty of Medicine

# CPD

Office of Continuing Professional Development



## National Capital Bone and Joint Health Day Friday, May 30, 2014

Ottawa Event and Conference Centre  
200 Coventry Road, Ottawa, ON



### Course description

This 1-day course is designed to provide family physicians and other health-care providers with the most current and relevant information about approaches to the investigation and management of osteoporosis and arthritis.

The day will consist of lectures and workshops with many cases for interactive discussion.

*This program has been  
co-developed by The Arthritis  
Society, Osteoporosis Canada  
and the University of Ottawa,  
Division of Rheumatology.*

The  
Arthritis  
Society



Osteoporosis Canada  
Ostéoporose Canada

For further information, contact the Office of CPD at:  
Tel: 613-761-4480 ext.1 Fax: 613-761-5262 Email: [cme@toh.on.ca](mailto:cme@toh.on.ca)

Brochure and Online registration available at [www.med.uottawa.ca/cme](http://www.med.uottawa.ca/cme)

**MORNING LECTURES: DIAGNOSTIC IMAGING**
**08:00 – 08:10**
**Welcome and Introduction**
**08:10 – 9:00**
**Intro Talk: What to do with fewer resources?**
**Dr. Doug Smith**
*\* Describe how to access the system more effectively and utilize current resources*
**09:00 – 10:00**
**Low Back Imaging**
**Dr. Daniela Iancu**
*\* Determine:*

- what is to be imaged when to image
- when to progress
- what other actions should be taken

*\* Explain impact of new OHIP changes"*
**10:00 – 10:30**
**REFRESHMENT BREAK**
**10:30 – 11:30**
**Bone Mineral Density**
**Dr. Ian Hammond**
*\* Determine optimum frequency*
*\* Describe the evidence around its use*
**11:30 – 12:30**
**MSK Ultrasound**
**Dr. Marcos Sampaio**
*\* Explain the services- procedures available from diagnostic MSK Ultrasound*
*\* Determine when to access their services*
**12:30 – 13:30**
**LUNCH BREAK**
**KEYNOTE**
**13:30 – 14:30**
**Fibromyalgia**
**Dr. Mary-Ann Fitzcharles**
*\* Describe new evidence and advances in the field*
*\* Describe possible options for treatment"*
**WORKSHOPS**
**14:40 – 15:30 &**
**15:45 – 16:35**
**Choose TWO of the following workshops**
**W1 Joint Injections (Skills)**
**Dr. John Thomson**
*\* Perform a joint injection*
**W2 Gynaecology and Bone Health**
**Dr. Elaine Jolly**
*\* Answer patients' commonly asked questions around bone health and menopause*
*\* Explain the impact of early menopause around bone density*
**W3 Osteoporosis Medication and Management**
**Dr. Dora Liu**
*\* Determine which medications are to be used*
*\* Describe the path that a person with arthritis or osteoporosis takes through the system*
**W4 Physiotherapy - Arthritis/Osteoporosis Local Resources**
**Ms. Karen Gordon**
*\* Describe the resources available from The Arthritis Society and Osteoporosis Canada*
*\* Evaluate therapeutic versus recreation exercise recommendations*
*\* Determine best practices for OA of the knee, hip, hand*
**15:30 – 15:45**
**REFRESHMENT BREAK**
**15:45 – 16:35**
**WORKSHOPS**
**16:40**
**Evaluations and Adjournment**

## Planning Committee

The Office of CPD extends special thanks for the following individuals who participated in the planning of this event:

Dr. Doug Smith, Chair, Rheumatology  
Mr. Marq Nelson, Regional Integration Lead, Osteoporosis Canada  
Mr. Phillip Ambury, Regional Director, The Arthritis Society  
Dr. Algis Jovaisas, Rheumatology  
Dr. Nicole Shadbolt, Family Medicine

## Accreditation

The University of Ottawa's Office of Continuing Professional Development is accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide accredited CPD activities for family physicians and specialists. This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 6.5 Mainpro M-I credits. This event is an Accredited Group Learning Activity (Section I) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada for 6.5 credits. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

## Disclosure

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

## Liability

The University of Ottawa, Office of Continuing Professional Development assumes no liability for any claims, personal injury or damage:

- to any individual attending this conference
- that may result from the use of technologies, program, products and/or services at this conference
- that may arise out of, or during this conference

## Course Presentations

To ensure course participants receive the most up-to-date information and in an effort to lessen the environmental impact of our events, all available course materials will be posted to our website as soon as they become available. We cannot guarantee that all course materials will be posted on the website.

## Freedom of Information and protection of Privacy Act

This information is protected and is being collected pursuant to the Freedom of Information & Protection of Privacy Act of Ontario (RSO 1990). By registering with the University of Ottawa for its program or courses, you agree to the information. The University of Ottawa is committed to maintaining and protecting the confidentiality and privacy of your personal information. Only authorized employees, whose official duties so require, are allowed to view your information.



**Mark your calendar for our 2014 courses!**

Friday,  
June  
**6**

### Caring for the Elderly

The Ottawa Hospital, Civic campus

Friday,  
June  
**13**

### 11th Stroke Update for Physicians

The Ottawa Hospital, Civic campus

Friday,  
September  
**9**

### Skills Day for Family Physicians

University of Ottawa Skills and Simulation Centre

## Course Cancellation Policy

The University of Ottawa, CPD reserves the right to cancel courses. Registrants will be notified at the earliest possible date in the event of a cancellation. Registration fees for courses cancelled by the University of Ottawa, CPD will be refunded; however the University of Ottawa, CPD will not be liable for any loss, damages or other expenses that such cancellation may cause.

## ACKNOWLEDGEMENT

The Planning Committee of the National Capital Bone and Joint Health Day would like to acknowledge the following sponsors for providing an education grant in support of this event:

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**Online Registration Now Available!**  
**Save time and money by visiting**  
**us at [www.med.uottawa.ca/cme](http://www.med.uottawa.ca/cme)**

# National Capital Bone and Joint Health Day

## Friday, May 30, 2014

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### Registration information

- No registration form will be processed without the full registration fee included
- Post-dated cheques are not accepted
- Continental breakfast, refreshment breaks and lunch are included in the registration fees
- Refunds less \$75 administrative charge will be issued for cancellations received in writing by: May 16, 2014. No refunds will be issued for cancellations received after that date. Refund cheques will be sent after the event

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_ ☐ Physician ☐ Resident

☐ Other Health Professional

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ Please specify: \_\_\_\_\_

### WORKSHOPS – Assigned on a first-come, first-served basis

Indicate your  
workshop  
preferences:

#### AFTERNOON WORKSHOPS

1<sup>st</sup> choice: \_\_\_\_\_

2<sup>nd</sup> choice: \_\_\_\_\_

Alternate choice: \_\_\_\_\_

#### For further information:

TEL: 613-761-4480 ext. 1

FAX: 613-761-5262

EMAIL: [cpd@toh.on.ca](mailto:cpd@toh.on.ca)

Visit our website at:  
[www.med.uottawa.ca/cme](http://www.med.uottawa.ca/cme)  
 and register online today!

A written acknowledgement  
 of course confirmation and a  
 tax receipt will be sent via  
 email if provided by registrant.

FEES	ON-LINE ONLY		MAIL, FAX, ONSITE
	EARLY BIRD ON OR BEFORE MAY 2, 2014	REGULAR AFTER MAY 2, 2014	ANYTIME
Physicians	\$220.00	\$230.00	\$240.00
Residents*	—	—	\$180.00
Other health professionals	\$170.00	\$180.00	\$190.00

\*A letter from your Program Director verifying Resident status must accompany registration form to receive discounted rate. **Must register by mail or fax only.**

### METHODS OF PAYMENT – Please print clearly

Credit Card : ☐ VISA ☐ MasterCard ☐ American Express ☐ Cheque

Card Number: \_\_\_\_\_ Exp. date: \_\_\_\_/\_\_\_\_

Name on Card: \_\_\_\_\_

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If paying by credit card, you may fax or mail the completed form: Fax: 613-761-5262

Mail: University of Ottawa, Office of CPD  
 Loeb Research Building, Main Floor, Room 158  
 725 Parkdale Avenue, Ottawa, ON K1Y 4E9

**Make cheque payable to:**  
 University of Ottawa, CPD

**Register ONLINE**  
**before May 2<sup>nd</sup> and**  
**SAVE UP TO**  
**\$25.00**

[www.med.uottawa.ca/cme](http://www.med.uottawa.ca/cme)

To protect your privacy, the Office of CPD  
 can no longer accept registrations by telephone.

All participants who register for a University of Ottawa, CPD course are included in our database for notice of future CPD programs.